

The Quiet Corner

THE ARTS, DINING, ANTIQUES, ATTRACTIONS & SO MUCH MORE...

PUTNAM TRAVELER

Supporting Tourism & Communities in Northeastern, CT & Beyond...

ISSUE NO. 51 • NORTHEASTERN, CONNECTICUT



DOWNTOWN MAP INSIDE • JULY - SEPTEMBER 2016

For an afternoon, a day, or a weekend...come and enjoy Northeastern Connecticut!



Putnam Peddler's Market

Summer is upon us and this issue of the Putnam Traveler features some great ways for residents and visitors to spend their days (and nights) in northeastern Connecticut! Whether you are interested in activities to keep you active, planning a girls-night-out, looking to experience a little history, or some summer fun there is something here for everyone, including your beloved family dog! Visit www.winyradio.com and www.tlgv.com for local calendar events and www.discoverputnam.com to learn more about summer events held in downtown Putnam!

INSIDE:

Local Advertisers...Local Real Estate...Downtown Putnam Events...In this issue we feature **Summer Fun** in downtown Putnam... 'The vibe in Putnam is contagious...' come check out First Fridays, the Putnam Car Cruise and new this

year Putnam's Chili Cookoff...Imagine a place free from the distractions of technology, brimming with natural beauty and dedicated to helping children have fun! **The Windham-Tolland 4-H Camp** in Pomfret Center is just such an environment...**Girl Time!**...if your Book Club has been boring and Happy Hour isn't feeling healthy, gather your girlfriends and discover some unique and inspiring fun nights or days out...**Healthy Events**...for your Heart and from the Heart...discover some inspiring ways to stay active and improve the lives of others...**My Dog Training Center**...

Trainer/Coach Lisa Andanucci offers a friendly, energetic and relaxed environment for agility training, puppy kindergarten, obedience classes and more...and **Civil War Reenactments**...watching a reenactment is a great way to spend a day, soaking up some history, and talking

with some interesting characters...it's also a good starting point for someone who is interested in learning more about this fun and unique hobby. We hope our readers will continue to explore northeastern Connecticut and support the business and people that make this region so special!



Civil War Reenactment

Downtown Putnam & Area Maps • Businesses • Local Activities • Shopping & Events



Northeastern Connecticut is Forty-Five Minutes from Casinos, Hartford, & Providence
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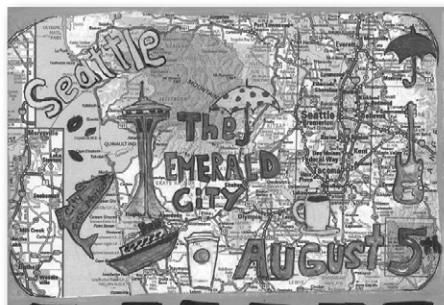
*FIRST FRIDAYS DOWNTOWN PUTNAM

MAY-OCT • Events Start at 6pm

Art and the AMERICAN City



LIVE MUSIC • ART EXHIBITS • DEMONSTRATIONS • PERFORMANCES • ART ATTACKS



The American City – it is the heartbeat of a region where art, cuisine, fashion, and music flow into the larger countryside. The Putnam Business Association, together with the First Fridays Committee, invites you to join in on the last 3 months of our artistic road trip as we visit:

AUGUST 5 – Emerald City, Seattle

This seaport city became the epicenter for the grunge explosion of the early 1990s, making its flannel-wearing, coffee-drinking residents emblems of a musical and cultural movement. However, poetry, independent music, fine & experimental art, and cuisine all have worked to shape Seattle's culture. From Pike Place Market to the Space Needle and beyond, this city has a personality all its own.



SEPTEMBER 2 – Music City, USA, Nashville

Nashville has long been the center of the country music scene with classic artists like Johnny Cash and modern musicians like Jack White, playing such venues as the Bluebird Café and the Grand Ole Opry. Added to this rich history of music, Nashville's food, including Hot Chicken and Meat & Three, contribute to the flavor of the city.



OCTOBER 7 – The Big Easy, New Orleans

With its blend of French, Spanish, and Creole cuisine, music, and language, New Orleans is a uniquely cultural American City. Famous landmarks like the French Quarter draw countless tourists each year to experience the blues, jazz, food, and annual events that have made the city legendary. Playing on the voodoo culture of New Orleans, the First Fridays Zombie Fashion Show will return, drawing crowds from across the region.



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More Upcoming Events in Putnam, CT...

Putnam Fireworks Sat, July 2nd

THE ANNUAL MAIN STREET CAR CRUISE



SUNDAY, AUGUST 14
10:30am - 4:00pm
Registration begins at 8:00am
Rain Date August 21st

**Rolling
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the *Al Fresco* KING 2016 Saturday, July 16th 7pm • Rotary Park Riverfire 8:30pm

September 10th
Willie's Chili
Cook-off • 4:30 pm
Rotary Park



NEW EVENT
Arts & Eats
Putnam Restaurant Week
SEPTEMBER 11TH-15TH
Participating restaurants and galleries will feature specially-priced menus & offerings.

THE GREAT PUMPKIN FESTIVAL
October 22 • 10am
Festivities Include: Railroad Express, Official Great Pumpkin, Arts & Crafts, Live Bands & Entertainment, Children's Crafts & Activities, Special Pumpkin Menus & So Much More!

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Downtown Putnam from Union Square to Riverfront Commons.
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Great Pumpkin Festival Railroad Express
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Ticket Price \$25

"Did You Know?" Walk Returns!

October 22 | 12:30 & 2pm
Did you know that Aunt Jemima once visited Putnam and there's a ghost at the Bradley Playhouse? The town crier will be happy to fill you in! Learn and "experience" a few FUN FACTS about the Town of Putnam as we recreate some of our more colorful, humorous and unique history. "Thank You" to the Aspinock Historical Society for providing the images and a wealth of knowledge.

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SUMMER FUN IN PUTNAM:

Annual Favorites & New Events

“Over the years Putnam has a way of adding twists to events that are proven to inspire our visitors,” says Putnam Business Association PR & Marketing Chair Jennifer Beckett. “I think folks attend our events because they get something you do not always feel at other locations... a sense of place. The vibe in Putnam is contagious and when you are here it feels like you belong. Some of our events are free to the public and there is always free parking. Whether it’s a First Friday or one of the new events added this year, we carefully consider people of all ages to come and enjoy.”

BY CRIS CADIZ

Sponsored by Putnam Business Association and the Town of Putnam, the 1st Annual **Putnam Chili Cook Off** will happen Saturday, September 10th, 4:30 – 6PM at Rotary Park, the same day as the season’s last River Fire. Participating restaurants will earn bragging rights for the best chili in northeast Connecticut. There will be free live entertainment by the Red Hot Horns, a dance band that plays jazz, soul, pop, R&B and more. Guests pay \$10 for a wristband that lets them taste all the chili choices and vote for Fan Favorite. Proceeds will benefit the Daily Bread Food Pantry and awards will go to the top 3 recipe winners.

The Chili Cook Off kicks off the new **Putnam “Arts & Eats” Restaurant Week**, from September 11-15th. Details aren’t ironed out yet, but Beckett says, “As usual, we we will be putting the Putnam twist on this new event by pairing our restaurants and galleries together for unique dining experiences, fixed menu items, gallery strolls and more. Like us on Facebook to stay updated as restaurant week evolves.”

The **Putnam Peddler’s Market** has moved to the Putnam Bank parking lot in the heart of downtown. This “curated, urban style marketplace” takes place from 10am to 2pm the third Sunday of each month



from May to September and the Sunday of Columbus Day weekend in October. The market aims to “provide a place where the regions best artisans and bargain shoppers can unite.” Admission is free and there is live

entertainment. A list of vendors each month and other information is at www.putnampeddlersmarket.com.

Now in its 6th year, Putnam’s popular **First Fridays** always has an annual theme. For 2016, the event “promises an artistic road trip through the USA”. Each date from May to October offers a creative look at six great American cities. July 1st features Boston or “Beantown”; August 5th offers up Seattle (the Emerald City); September 2nd celebrates all things country with Nashville, Music City, USA. And October 7th parties down with New Orleans, or The Big Easy.

First Fridays happen in Downtown Putnam at 6PM and are free to the public. Designed to delight all ages, these events feature vendors, community art projects, demonstrations and installations, kids’ activities, live entertainment, artisans and merchants, food and beverages on the street and throughout the shops & restaurants. (www.discoverputnam.com)

River Fire is another fun annual Putnam event for all ages. Enjoy this free experience to celebrate summer evenings. River Fire features floating bonfires that line the Quinebaug River. They are lit at dusk and accompanied by live music at the Bandstand in Rotary Park. Bring a picnic or enjoy dinner at one of the many downtown restaurants.

This year’s River Fire dates are July 16, August 13th and September 10th. July 16th features The King “al fresco” Elvis Tribute Show. Music starts at 7pm and fires are lit at 8:30. August 13th showcases Reminisce, an oldies band, with music at 5:15 and fire at 8PM. September 10th, the Red Hot Horns jazz/dance band play at 4:30 and fires are lit at 7:30. The Chili Cook Off will also occur on September 10th. There are rain dates scheduled for these events.

Putnam’s annual **4th of July Fireworks** display draws thousands to town each year. This year’s fireworks



are scheduled for July 2nd. The Motown band Souls on Fire will offer a free concert in Rotary Park starting at 7:15. Fireworks go off about 9:15. Come early to find good parking & bring a chair! There is a July 10 rain date.

This year the **Annual Main Street Car Cruise** is happening on August 14th, from 10:30 to 4 throughout downtown Putnam in conjunction with the annual **ARC Duck Race** at 1:30PM. The Car Cruises showcases hundreds of specialty vehicles of all eras on display plus entertainment, including music, rolling burnouts and jet ski and motorcycle stunts. The Duck Race releases

a payload of yellow rubber ducks on the Quinebaug River with prizes for winners. This event raises funds for the ARC of Quinebaug Valley, which supports individuals with intellectual, developmental, and other life-affecting disabilities in Northeastern Connecticut.

“I think we have an exciting lineup this year with Elvis coming to town. Reminisce is a popular New

England oldies group that goes well with our Car Cruise the next day. As they say in the restaurant business, we’ve paired the event well with the music this year,” says Putnam Parks & Rec Director Willie Bosquet. “We’re also excited that the new Chili Cook Off will kick off the new Restaurant Week. It’s going to be a lot of fun.”

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Windham-Tolland 4-H Camp Offers Variety and Beauty

Imagine a place free from the distractions of technology, brimming with natural beauty and dedicated to helping children have fun! The Windham-Tolland 4-H Camp in Pomfret Center is just such an environment. Since 1954 the 270-acre facility has offered young people between the ages of 7- 15 residential and day camp (beginning at age 6) experiences that form the foundation for lifelong friendships and memories.

BY NANCY P. WEISS

Heather Logee, Youth Program Director, is a native of Danielson, CT and a long time camper herself. She holds a Master’s degree in Camp Administration and Leadership and is celebrating her tenth summer as administrator of the camp. As a child she knew she wanted to help others have the same formative experiences she did at Windham-Tolland 4-H Camp.

“Camp is one of the only places where kids can be with nature and people and away from electronics. The most unlikely kids become friends. Everyone is equal at camp. Children build lifelong skills and friendships here,” Logee said.

The camp philosophy is to offer a variety of activities each day to help campers develop social and emotional skills as well as practical experiences in nature that will last throughout their lives. Children are required to either leave electronic devices at home or surrender them to the staff when they register. According to Heather Logee, children are happy for the change and while it takes teens a bit longer to adjust to being tech free, they soon embrace the rule and the freedom it brings to enjoy life untethered to the internet.

During a typical day at camp, there is time for participating in a variety of activities under the supervision of 34 college-age counselors.



The daily schedule begins at 7 am with a wake up, followed by flag raising, breakfast, cabin cleaning and the first session of the day. Campers are busy with four more sessions, free swim, snacks, meals, an evening program and finally taps and lights out at 9:45. Each week or session, campers choose from archery, self- defense, arts and crafts, canoeing, swimming, drama, dance, sports, knitting, kayaking, fishing, history, low ropes, zip line, and a relatively new popular offering, musical theatre.

Each week of resident camp has a theme. Themes range from Star Wars Week to Time Travel, Medieval, Outer Space, International, Under the Sea, and Carnival Week, a great favorite, according to Director Logee. This year there are also six special offerings: Cow Camp and Goat Camp, where campers bring their own animals, and Horseback Riding, Introduction to Draft Horse & Driving, Stay Over Weekend, which includes a trip to Mystic Aquarium and Wood Fiber Crafts.

Clover Camp integrates 6,7,8 year olds with overnight campers of the same age. All day campers, ages 6-15, enjoy the camp facilities, including lunches, snacks and Friday evening dinner. During the week of August 15-19 (week 8) day campers explore the theme of Capture the Flag. Day Camp costs \$240 per week and runs from 8-8:30 – 5-5:30. Parents or guardians are responsible for transportation.

Windham-Tolland 4-H Camp emphasizes the quality and training of staff. Of the 34 counselors, 70-80% are returning staffers. Ten are international students, with 3 from New Zealand, 1 from Australia, and 6 from the United Kingdom. Many counselors are former campers, who honed their leadership skills through the years.

“I tell people that they don’t have to take unpaid internships to improve their college applications or their resumes. Work at camp, I tell them. Nothing will help you grow more than working as camp staff,” Heather Logee said emphatically.



Traditions are at the heart of many programs at camp. Every day there is a pause for reflection called Time for Thought. Campers and counselors sit together in silence and are encouraged to speak to the group about positive things when they feel moved to so do. Campers and staff sing before meals and at many other occasions. Camp songs become part of the memories children take away for their time as a group. Traditions live on with a Family Camp experience off season.

Key portions of the camp were upgraded and revamped over the past several years. The Main Lodge, including the kitchen, is modern and efficient. Camp cook, Liz Benoit, a Thompson resident, serves healthy meals, family style, that she makes ‘from scratch’. A week of residential camp costs \$460 (some financial assistance available.) www.4HCAMPCT.ORG

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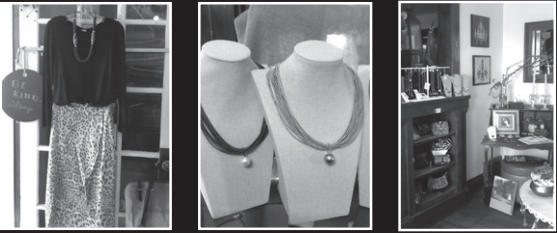


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CIVIL WAR REENACTMENTS IN NORTHEASTERN CONNECTICUT

It was a beautiful sunny day in at the Nathan Hale Homestead in Coventry, CT and my family and I were enjoying a festival filled with folks dressed in period garb, admiring the tools and chatting with the vendors, when suddenly a rider on a white horse came galloping up, shouting a rallying call to the crowd, “The British are coming!”

BY JENNIFER HELLER

While around us others busily gathered an impressive array of weapons and congregated at the far end of the field, I gathered up my 2 children and hustled them over to the stone fence lining the grassy dirt road. Then we waited, peering in the direction the rider had come.

The trill of a piper and the rattle of snare drums was the first sign of the approaching army and soon the flash of red coats were seen through the trees. An officer rode alongside the columns of men shouting orders. Surprisingly quickly they had marched into the field alongside us and actually engaged the American militiamen. Guns and cannons boomed, there was smoke and shouting: it was suddenly the American Revolution in 1779 and we were in the midst of a Revolutionary War reenactment.

I was impressed by how real and intense it all felt - even as a spectator. Steve Gardner, the head of the British 54th Regiment of Foote, explains that they bring alive the history caught in the pages of textbooks and the walls of museums. The reenactors go to great lengths to ensure the time period is authentically portrayed. Even those wool coats that you may assume are stuffy and hot are actually not made of the thick wool we use today - they are made in a particular mill in England to replicate the fabric and the colors worn by the British troops which makes them comfortable to wear. Even the guns and cannons are authentic reproductions. The smoke we saw was from the gunpowder exploding, but there is no projectile in the musket to be fired by the explosion.

Reenacting attracts a variety of people: some like wearing an interesting and sharp looking uniform, some are passionate about the research, some appreciate the community. Most of those who join a regiment are drawn to it after watching an event. Steve makes no bones about saying it is an engrossing hobby, that takes time, money, and effort and is also very fulfilling. He has been involved with reenactments for 42 years and enjoyed it so much he has become an expert purveyor of clothing, making period clothing tailored individually for each participant.

The average reenactor concentrates on one character. For instance, Dan Newman portrays an American surgeon from Newport. A loyalist, he joined the 54th Regiment during the Revolutionary War



troops: there are British, Loyalist, French, Spanish, German, Native American and civilian members. It's activities include military exercises and encampments, period firelock shooting competitions, and craft demonstrations. The encampments happen when various regiments and militias are invited to gather by a hosting organization. For instance, Old Sturbridge Village has a large annual gathering every August - August 6-7th in 2016. In the summer, Steve's 54th Regi-ment meets for events about once a month; in the winter less often. Roughly 25% of the engagements replicate a historical event, following an accurate battle plan. However, most of the encounters are instead “unscripted.”

There are a variety of reenactment events throughout the Quiet Corner every summer. To learn about them, newspapers

are a good starting place. The hosting organization also markets their individual encampment on their websites or Facebook. Watching a reenactment is a great way to spend a day, it's also a good starting point for someone who is interested in learning more about this fun and unique hobby. **The Brigade of the American Revolution:** www.brigade.org, **The Continental Line:** www.continentalline.org **The British Brigade:** www.britishbrigade.org

to oppose the revolutionaries who wanted to leave the British Crown. He has a significant collection of historical surgical instruments which are sobering to observe - they confirm to me that people back then were a lot tougher than we are today.

The Brigade of the American Revolution is a national non-profit organization “dedicated to recreating the life and times of the common soldier” during the American Revolution. And not only the American

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Healthy Events:

For your Heart and from the Heart

Whether you are a seasoned athlete or have a love/hate relationship with your sneakers, you know that goal setting helps establish a successful exercise habit. Are you looking to improve your health or fitness level, lose some weight, or set yourself a new challenge? Consider participating in one of the many local charity races or walks in the Quiet Corner. Having an event on your calendar will encourage you to get serious about your goals and offer you a chance to support your community and the causes you care about.

BY CRIS CADIZ

Choose your sport: walk, run, paddle, cycle, horseback ride or enter a multisport event such as a triathlon. Some are races with prizes and podiums, but many others are simply gatherings designed to raise money for good causes with the added benefit of doing something positive for your body.

Some of the most popular and successful local fundraisers happen in the spring and early summer. Many of these raise money to fight cancer, including the **Relay for Life**, held in mid-May at the Woodstock Fairgrounds. This 24-hour walk-a-thon features team fundraising plus entertainment and activities for all ages. This spring, more than 710 participants on 54 teams raised \$183,318 for the American Cancer Society. Relay for Life NE CT has consistently placed in the top 25 teams in New England. According to ACS Community Partner Shannon Stahecki, the local NE CT team has donated more than \$2 million over the course of 20 years. (Relayforlife.org or www.facebook.com/relayforlifene)

Race for the Cure is a well-known breast cancer fundraiser, supporting the Susan G. Komen Foundation. If you are a horse person, you may have heard of **Ride for the Cure**. Over the past 16 years, the Quiet Corner's Ride for the Cure has raised nearly \$900,000 to support the local fight against breast cancer. October 2nd will be the area's final Ride for the Cure. The goal is to raise \$100,000 to reach \$1M raised in total in the Quiet Corner.

"We have space for 100 riders and hope that



2016 Paddle for a Cure
kat g photography

individuals who wait to 'ride til next year' will join us for the final ride," says Committee Chair Penny Gladstone-Kaiser. The event consists of a 5 or 10-mile trail ride through Natchaug State Forest and starts at Twisted Tree Farm in Hampton. Another fundraiser for this event does not require a horse. Enjoy a wine tasting on September 13th at The Mansion at Bald Hill, featuring hors d'oeuvres, local beverages, and raffle prizes (\$40 per person or 2 for \$70). For more information on the Quiet Corner's Ride for the Cure, visit <http://komenct.org/> or contact rfccommittee@yahoo.com.

Another option for horseback riders is Pomfret

Horse & Trail Association's annual trail rides, including a 20-mile Cross-Town Ride in May and a **Fall Foliage Ride on October 16th**. This equestrian-oriented nonprofit formed in 2008 to encourage responsible riding in Pomfret. "We want to preserve the beauty of the land on which we have the privilege to ride," says association member Lisette Rimer. "Our charity work ties in to our mission. We support land preservation through donations to the Wyndham Land Trust. We encourage the next generation of riders through camperships to the 4H Horse Camp. And we host trail rides to raise money for those efforts. Riders just can't get enough of the beautiful scenery and the well-maintained trails in Pomfret." The Fall Foliage ride will cover eight miles of open fields, wooded trails, and old town roads. Registration details will be at www.pomfrehorseandtrail.com.

Founded in 2010 by kayak enthusiast Lance Collins, **Paddle for a Cure** is a local event that happens the second Sunday of every June. Collins was inspired by the tragic loss of 5 family members to cancer and 100% of funds raised support Putnam's Day Kimball Hospital's Oncology Department. This fundraiser has steadily grown in popularity and success over the past six years. Participants have raised \$45,000 since 2011, with 143 paddlers launching on the Quinebaug River from Riverside Park in Brooklyn in 2015. Visit paddleforacure.org or www.facebook.com/paddleforacure for more information.

A favorite of area runners for the past 25 years, the 5-mile Deary Memorial Road Race also raised money for Day Kimball Hospital's oncology programs. Over the years, the event raised more than \$1M for local programs. In 2016, the race was re-invented as **The**



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Walk & Run for the NECT Cancer Fund and was held on June 18th. This “fun and friendly” annual 5K is designed for runners and walkers. Proceeds benefit the Northeast Connecticut Cancer Fund of DKH, which provides screenings, treatments and services to residents of Northeast Connecticut who are in need of assistance for cancer care.

“We’re so excited to continue this popular event and update it with a fresh name and course,” said Patricia Hedenberg of the DKH Development Office. “It’s become an annual tradition for many here in Northeast Connecticut and it’s a great way to get together with friends and family and be active. For many participants it’s also a wonderful way to remember, celebrate and honor loved ones who have battled cancer, while supporting those who are fighting their own battle now.” Visit www.daykimball.org/CancerFundRun for more info.

Six years ago, Day Kimball Hospital jumped on the triathlon trend and instituted the **DKH Give it a TRI!** This sprint distance triathlon starts at Moosup Pond in Plainfield on August 20. It consists of a mile swim, 12-mile bike ride and 3.1 mile run and is open to anyone age 13 and up. With a relatively flat run and bike course and a wide sandy beach, it’s a great event for first timers. Participants can compete as individuals or relay teams of 2 or 3 people. Proceeds benefit health and wellness education for communities across Northeast Connecticut. DKH encourages competitors “to support their own health and fitness while serving as an example to promote health and fitness in our community.” (www.daykimball.org/give-it-a-tri-triathlon)



On the first Saturday in May, you can compete in the annual **Jog with Judy 5K** run/walk in Woodstock on Roseland Park Road. Founded in 2005 in memory of Judy Nilan, a social worker at the Woodstock Middle School, this event “celebrates a special lady and her dedication to children.”

Funds raised benefit Woodstock Public Schools “to support programs that impact the academic, social, and emotional well-being of the student.” www.woodstockschools.net

Another running event that supports education is the **St James Bazaar 5k Road Race**. The 8th annual race will be held on Saturday, August 6 and is a 3.4-mile loop through the streets of Danielson. The race is open to runners and walkers and benefits St. James School. There is also a kids’ fun run for ages 2-10. (stjamesdanielson.org)

For cyclists, the 25th Annual **Steeple Chase Bike Tour** is a popular fund-raiser for three local non-profits: Windham Area Interfaith Ministry, Perception Programs and the Windham Region No Freeze Project. Held on August 20th and starting at Eastern Connecticut State University’s University Athletic Complex in



Mansfield, the tour features well-marked 100, 62.5, 50, 35 and 20-mile routes through the scenic Quiet Corner, as well as a 5-mile walk. The event includes sag wagon support, free pre- and post-ride food and beverages plus rest stops at area faith communities, which offer beverages, bathrooms and homemade treats. Prizes are awarded to those who collect donations of over \$100. (www.steeplechasebiketour.org)

The 5th Annual **Wheels for Meals Summer Food Bike Challenge** was held on May 21 to support Thompson Ecumenical Empowerment Group’s (TEEG) program providing FREE lunch to youth 18 and under for 10 weeks every summer. There were three courses starting at TEEG offices in North Grosvenordale from novice (15 miles) to challenging (60 hilly miles), plus a Bike Rodeo for kids. (www.teegonline.org)

For mountain bikers, Quiet Corner NEMBA (New England Mountain Bike Association) holds several Fun Rides a year at different locations in the region. A small registration fee for the event helps to support

trail maintenance (cleaning, constructing bridges, new trails, etc.), which benefits everyone from bikers to hikers and horseback riders. On July 17th, **QC NEMBA’s Fun Ride** will be held at Old Furnace Sate Park in Danielson. (www.nemba.org/chapters/qcnemba) There are many other events such as these throughout the Quiet Corner and beyond to help you stay fit and healthy and to support good causes. One beneficial resource to find them is www.active.com/charitable. Or visit

your favorite foundation website to see if they sponsor sport-oriented fundraisers.

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GIRL TIME!

If your Book Club has been boring and Happy Hour isn't feeling healthy, gather your girlfriends for some unique and inspiring fun nights or days out in the Quiet Corner. Choose from artistic outlets, outdoor activities, palate pleasers and more!

BY CRIS CADIZ

CREATE

The Putnam area has a vibrant art scene. Whether you consider yourself artsy or inept, want to try something hands-on or just observe, there's something for everyone. Consider a class or workshop at Silver Circle Gallery or Sawmill Pottery, which have offerings year-round for all levels. Drop into a knitting circle at Woolworks or join an event at Artique Paint Bar, no experience necessary & BYOB. Or organize an open studio project (jewelry, mixed media, whatever!) at Artisan Soul Gallery, where owner Laura Taylor will help you with the details and materials.

Woolworks, LTD has been in Putnam for 30 years. These friendly experts hold a Free Open Knit every Thursday night from 6 to 9pm. Bring your current project or let them help you start a new one. Or call to schedule a special class for your group. All levels welcome. www.woolworksyarnofputnam.com

Artique is a paint bar on Main Street that offers paint event nights in an elegant but relaxing atmosphere. These "mini creative vacations" are \$35 per person and include 2+ hours of instruction and all materials to complete a 16 x 20 acrylic painting on canvas. No experience necessary! Bring your friends and a bottle of wine to enjoy. artiqueputnam.com

Although you can stop by just to shop and enjoy a rotating display of artwork, handmade crafts, jewelry and local exhibitions in its lovely gallery space, **Silver Circle Art Center** offers classes in all media for all levels. These include everything from one-day workshops to several week classes. In addition, an Integrated Therapeutic Arts Program features "expressive art and exploration with creative materials in a safe, supportive environment." www.silvercirclegallery.com

Learn how to throw, hand build, paint your own pottery or enjoy other creative media such as fused glass, at **Sawmill Pottery**, a working studio and gallery for the community. One-day workshops and classes are offered at many levels, including beginners. www.sawmillpottery.com

Another community art space in Putnam is **Artisan Soul Gallery** on Providence Street, which offers open studio time from 10am to 6pm daily at

incredibly reasonable prices. Mixed media, fiber and young artist studio is just \$5 an hour and jewelry is \$10 an hour. Supplies, inspiration, guidance and support within the discipline are included! www.artisansoulgallery.com

MOVE

A fun new health & wellness venue in downtown Putnam is **Glow Aerial Yoga**, where you perform yoga poses supported by colorful hanging silk hammocks. Here you can sign up for an open class or workshop or talk to owner Lori McDermott to create a private class for your group.

Glow also offers interesting special programs, such as the "Aerial Yoga & Art Workshops for Women" scheduled for July 10 and August 14. This workshop features a collaborative session of gentle aerial yoga, aromatherapy, and sound healing with the soothing



Chinese sun gong in the morning. www.glowaerialyoga.com.

For a more traditional girls' night out with drinks and dancing, visit **The Stomping Ground**. Don't expect club music and disco lights, but enjoy excellent and eclectic live music 6 nights a week, a lively crowd (on a tiny dance floor), and really great food and beverages. www.the-stomping-ground.com

TASTE

The Quiet Corner boasts two great wineries, each with its own special flavor. Bring your girls to a tasting at the beautiful **Sharpe Hill Vineyard in Pomfret** Friday through Sunday from 11am - 5pm. A Full Flight Wine Tasting is \$15/person and includes all classic and limited production wines. The 6 Wine Sampler is \$10/person. And you get to keep the glass as a souvenir. sharpehill.com



Taylor Brook Winery in Woodstock features a wide variety of wine plus room to picnic. Sample 2 wines for free, 8 samples for \$5.50 or taste them all (11-12 wines) for \$8.50. Open Friday 11-6, Sat and Sun 11-5. Private tastings for groups can be scheduled by appointment. www.taylorbrookwinery.com

In Pomfret, Martha's Herbarry and Renee's Working Girl Catering will offer **Tea Tuesdays** on the 3rd Tuesday of every month. Held in the beautiful & historical setting of The Gathering Rooms at Martha's, these themed teas will be delicious, fun and creative!

Martha's Herbarry also offers cooking classes. This summer, Lynn von Conta will give instruction on Thai cuisine. "**Thai Thursdays**" will be held in the evening on the third Thursday of the month. Martha's Herbarry owner Michelle King will offer an informative, hands-on class called "Everything Lavender" on Sunday, July 17th. Check Facebook and marthasherbarry.com for details.

SPLURGE OR NOT!

It's no secret that girls love to shop. An afternoon or evening out in the Quiet Corner offers many options to shop local, find some really great clothing, accessories, jewelry, art & gifts and enjoy lots of options to snack or dine.

Start in Pomfret at Martha's Herbarry (snack at Vanilla Bean Café). Then head to Woodstock to visit Coco's Cottage, Scranton Shops, and Garden Gate. Explore downtown Putnam, including shops in the Montgomery Ward Building (Twigs & Pearls, Flying Carpet Studio, PopCycle, Lynthia Designs & more), Abigail's Jewel Box, Silver Circle Gallery, and NOMA (foodie gifts), to name a few. Get a bite to eat or a drink at many restaurants all within walking distance.

LADIES NIGHT OUT at Martha's Herbarry is a chance to host an exclusive shopping party. Book a night with friends to shop and enjoy a complimentary cocktail. The hostess receives a percentage of the sales.

If you are on a budget, try hosting a Swap Party. Invite your friends to clean their closets for clothes, shoes, jewelry and bags that are still nice but never seem to make it into your daily wardrobe. Bring your duds to trade plus drinks & snacks and have fun trading! "It's our version of recycling," says Pomfret resident Michelle Benton, who has enjoyed these events with her girlfriends.

Another fun, inexpensive night is a \$5 Party. Bring your favorite item that costs \$5 or less and swap with your friends. "It could be Doritos, your favorite cleaner, soap, or funny item," says Benton. "It doesn't matter as long as we are together sharing conversation, laughs and our favorite things."

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MY DOG Training Center

Lisa Andanucci’s energetic, vivacious warmth permeates the atmosphere at My Dog Training Center in Putnam. She welcomes me to her indoor training facility over the barks of her 2 dogs, warns me it’s going to get louder as more dogs arrive, and then quiets the 2 spaniels in their crates with a word. I am here to watch an Agility Run Through drop in class: an hour for students in Lisa’s programs to come practice an agility course with their dogs. While I’m here for article research, I also have a daughter clamoring for a dog and am interested to chat with Lisa about how to find a dog that is a good fit for our family. I’ve come to the right place, since with a lifetime of working with dogs, she is a fount of information and knowledge about dogs, people, and the relationships between the species.

BY JENNIFER HELLER

Soon after I arrive, the room fills with dogs and owners, and Lisa greets both humans and animals with equal affection. The dogs are well socialized and settle into their roomy crates until their turn on the course. The atmosphere is friendly, energetic, and relaxed. For the next hour, I watch dogs run up, over and through obstacles with the guidance of their owners. Big and little, young and old, they were all amazing. It is similar to dancing - the owners are constantly communicating with their dogs in a language that my uneducated eye does not pick up. It was a blast to watch, and truly, all the participants had even more fun running the course than I did observing!

While I suspect I got to see the most fun session, Lisa offers a range of classes to meet diverse needs of all owners: puppy kindergarten, obedience classes, agility, and conformation classes. She teaches group classes as well as one-on-one sessions, and she even offers exactly what I’m looking for - counseling with families or individuals about what their needs and goals are to offer guidance on dog breeds that will be a good fit for them. She has students of all ages, from kids with their first dog to adults in their 80’s, and puppies all the way up to mature dogs of 11. She also offers testing and certification in the American Kennel Club’s “Canine Good Citizen” program, a requirement for some shows and activities.

She says with a laugh, “I see myself as a coach not a trainer, but people are looking for the title “dog trainer” so that’s what I use.” Her coaching philosophy is as simple as it is complex: to help you, as a dog owner, determine your goals and then to work with you and your dog to meet those goals. Honestly, Lisa admits, she is really coaching the human, “I teach the human how to know their dog.” Then the human trains their dog. “Sure, I can get a dog to do anything for me, but that doesn’t help the owner. They need to build the relationship.”

Lisa is clear that that no single training style fits everyone - each dog has its own personality just as each



human does, and she treats them as individuals. She also takes into account their environment. With her experience, she is able to offer owners skills to handle their dog, and honestly explains their options when faced with tough situations. If her coaching style had to be categorized, I would call it positive reinforcement. She encourages humans to offer their dog choices. “You need to make the choice that you want them to do be the more attractive choice.”

Many of her students start in obedience classes and discover they and their dogs love working together so move on to take agility classes. To complement the agility class time, Lisa offers fun activities like the Agility Run Throughs and Agility Game Nights. For students

“Getting a dog should not be an impulse decision” she wisely says. It is possible to find a dog that fits you, your lifestyle, and your environment.

interested in competing, Lisa offers support and guidance as they learn how to handle the energy of a dog show because she also competes in agility shows with her own dogs.

When addressing my questions about getting a dog, Lisa is clear that it’s a good idea to do my homework ahead of time. “Getting a dog should not be an impulse decision” she wisely says. It is possible to find a dog that fits you, your lifestyle, and your environment. She recommends my daughter start by reading about dog breeds, paying attention to their temperaments, energy levels, grooming needs, and what they were historically bred for.

Lisa stresses the advantages of getting a dog from a breeder. Breeders should know their dogs, have well trained dogs, take the time to know you, and offer an on-going relationship with you and your dog. In that way they can help you keep your dog healthy and happy. Yes, Lisa allows, you will need to pay money for a dog from a breeder - sometimes a significant amount of money. But to do otherwise is “penny wise and pound” foolish: you may get a free animal initially but have to pay a mountain of bills to get and keep your pet healthy. She also offers a word of caution about rescues - while it might be emotionally satisfying, you may not be doing yourself, your family, or the dog any favors. And if you do choose to adopt a rescue dog, recognize that not all rescue organizations are equal.

Lisa clearly derives great pleasure from building the confidence and happiness of humans and animals alike. She relates with satisfaction the positive life changes she has been able to observe in her students. And her students clearly appreciate her skill and guidance - some travel over an hour to work with her. After chatting with her and watching what her students are able to accomplish, I know where I’m sending my daughter when she is ready for her first canine friend. Located in Putnam visit www.mydogtrainingcenter.com phone: 860-963-7475.



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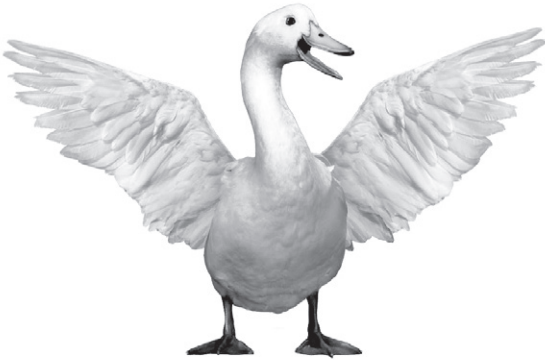
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In addition, the property includes an in ground pool with stone patio along with a pool house with bath, a newer 3-car garage with workshop and gym above and a lovely bank barn: home for all of your toys. There is a lovely open back porch and stone patio from which to enjoy views of your estate. With a new roof in 2011 and fresh paint inside and out, this gem is ready to move on to its next steward!

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